THE RECOVERY KERNEL

Press Release Package

10 Individual Releases — Calibrated by Outlet, Beat & Readership

1. **The Atlantic**
   Long-form narrative angle — systemic diagnostic failure

2. **The New York Times**
   National health policy — the pharmacogenomics gap

3. **Associated Press**
   Wire service — newswire format, national distribution

4. **Times of Northwest Indiana**
   Regional — local connection, addiction in Indiana

5. **Sentinel of Florida**
   Regional — Florida connection, Fort Myers / Southwest FL

6. **MS-NOW (MS National Organization for Women)**
   Equity & access — women and underserved populations

7. **CNN**
   Broadcast/digital — human interest + science news

8. **FOX NEWS**
   Conservative framing — personal responsibility enabled by information

9. **Apple News**
   Digital aggregator — SEO-optimized, broad audience

10. **Google News**
    Search-optimized — discovery framing, keywords prominent

— PRESS RELEASE 1 OF 10 —

The Atlantic

FOR IMMEDIATE RELEASE

FOR: The Atlantic — Ideas / Health Section

The $1.5 Million Education: What Standard Addiction Treatment Has Been Missing

A systems architect who failed seven inpatient programs publishes a free, public-domain pharmacogenomic recovery framework — and donates it to prison libraries

FOR IMMEDIATE RELEASE — FORT MYERS, FL

A computer systems architect who spent fifteen years and over one and a half million dollars failing every form of conventional addiction treatment has published a comprehensive pharmacogenomic recovery framework — free, under public domain license, with no restrictions on reproduction or distribution.

The Recovery Kernel, available at github.com/JRToken-NGI/recovery-kernel, represents a decade of systematic experimentation with a biology-first approach to addiction recovery. The author, who was incarcerated at FMC Rochester — the Federal Medical Center in Minnesota where the Bureau of Prisons places individuals with serious medical and psychiatric complexity — applied the diagnostic methodology of systems engineering to the question that standard treatment never asked: not what treatment to try next, but why treatment was failing.

The answer, documented across nine volumes and forty-four operational protocols, is pharmacogenomics.

> *"I stopped asking what treatment to try next and started asking why treatment was failing. The answer was largely genetic — not determinism, but architecture. The specific variants in my MTHFR, COMT, and CYP450 genes created the precise neurochemical vulnerabilities that made standard protocols fail predictably. The work in this book could have been identified in weeks with proper genetic testing. It took fifteen years because nobody thought to look."*
>
> — The System Architect

Three genetic systems form the framework's diagnostic core. MTHFR — methylenetetrahydrofolate reductase — controls the enzyme responsible for manufacturing dopamine, serotonin, and norepinephrine. Approximately forty percent of the population carries at least one variant that reduces this enzyme's function by thirty to seventy percent. COMT — catechol-O-methyltransferase — determines how quickly the brain clears dopamine and stress hormones, creating what the framework calls the Warrior profile (fast clearance, stimulant-seeking) and the Worrier profile (slow clearance, depressant-seeking). CYP2D6 — a liver enzyme that processes roughly half of all psychiatric medications — determines whether standard medication doses produce therapeutic effect, toxicity, or nothing at all.

The compendium includes a 78-row Gene-Substance Matrix across 30 genes mapping specific pharmacogenomic interactions, appendices covering co-morbid conditions including HIV, hepatitis, suicide risk genetics, and the iatrogenic harm caused by antipsychotic medications. It also includes a 25-item neurochemically functional mocktail guide for bars, a complete AI deployment system for personalized genomic analysis, and a dedicated protocol for the post-incarceration transition period — a

window in which overdose rates run forty to one hundred and twenty-nine times the baseline population.

The author is currently donating the compendium to prison libraries across the country, identifying the incarcerated population as the most underserved audience for evidence-based, biology-first recovery information.

"No one should spend fifteen years and a million dollars before discovering their brain was never broken — it was just running on the wrong repair manual," the author writes in the book's dedication. "The manual follows."

The Recovery Kernel is published under CC0-1.0 Creative Commons public domain license. All content is free to access, reproduce, adapt, and distribute without restriction or permission.

ABOUT THE RECOVERY KERNEL

The Recovery Kernel is a pharmacogenomics-based addiction recovery framework published under CC0-1.0 public domain license by The System Architect, a computer systems engineer. The complete compendium — nine volumes, 44 protocols, a 78-row Gene-Substance Matrix, and appendices covering co-morbid medical and psychiatric conditions — is available free of charge at github.com/JRToken-NGI/recovery-kernel. No signup, purchase, or permission is required to access, reproduce, or distribute any portion of the material.

MEDIA CONTACT

The System Architect | github.com/JRToken-NGI/recovery-kernel

CRISIS RESOURCES

988 Suicide & Crisis Lifeline: call or text 988 | SAMHSA: 1-800-662-4357 | Naloxone (Narcan): available without prescription at most US pharmacies

— PRESS RELEASE 2 OF 10 —

The New York Times

FOR IMMEDIATE RELEASE

FOR: The New York Times — Health / Science Desk

Free Pharmacogenomic Addiction Framework Published Under Public Domain

Former FMC Rochester inmate releases nine-volume recovery compendium built on genetic science the treatment system routinely omits

FOR IMMEDIATE RELEASE — FORT MYERS, FL

A computer systems architect has released a comprehensive pharmacogenomic addiction recovery framework — free, unrestricted, and published under CC0 public domain — citing a fifteen-year, $1.5 million personal history of treatment failure as evidence of a systematic diagnostic gap in American addiction medicine.

The Recovery Kernel addresses three genetic systems that the author argues are clinically actionable, well-supported in the literature, and almost universally omitted from standard addiction treatment: MTHFR variants affecting neurotransmitter synthesis (carried by roughly 40% of the population), COMT variants governing dopamine clearance speed, and CYP2D6 variants determining how individuals metabolize psychiatric medications and substances.

The clinical implications are not theoretical. CYP2D6 poor metabolizers cannot activate codeine, tramadol, or hydrocodone into their therapeutic form — they receive side effects without analgesia and are frequently labeled drug-seeking. Ultra-rapid metabolizers clear standard medication doses before therapeutic effect is achieved and are labeled treatment-resistant. Neither group is typically told why their treatment is failing. Both groups are told to try harder.

> *"65% of people in U.S. jails and prisons have a substance use disorder. 95% receive no treatment. The overdose rate in the first two weeks after release is 40 to 129 times baseline. These are not statistics about moral failure. They are statistics about a medical system that has not adopted the diagnostic tools it already has."*
>
> — The Recovery Kernel — Preface

The author, who was incarcerated at FMC Rochester, MN — the Bureau of Prisons' federal medical facility — observed firsthand the gap between the medical complexity of the incarcerated population and the resources available to them. The compendium includes a specific protocol — The Airlock — addressing the neuroscience of post-release transition and the documented post-incarceration overdose window. A second protocol — The Diversion Map — reverse-engineers the Sequential Intercept Model, the justice system's own diversion framework, from the perspective of someone inside who wants to use it.

The complete compendium spans nine volumes, forty-four protocols, and appendices covering HIV, hepatitis A/B/C, syphilis, suicidality genetics, Wernicke's encephalopathy, bipolar disorder, schizophrenia spectrum conditions, and the iatrogenic neurological damage caused by antipsychotic medications. The author himself carries tardive tremor — a documented consequence of antipsychotic prescribing — and addresses it in Centurian Paper C-34.

The compendium is available immediately at github.com/JRToken-NGI/recovery-kernel under CC0-1.0 license. The author is coordinating donation of physical and digital copies to prison libraries and reentry organizations nationally.

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— PRESS RELEASE 3 OF 10 —

Associated Press

FOR IMMEDIATE RELEASE — NATIONAL WIRE

FOR: Associated Press — Health & Science

RECOVERY KERNEL: Free Addiction Science Manual Released Under Public Domain

Former federal inmate publishes pharmacogenomic framework after $1.5M in failed treatment

FOR IMMEDIATE RELEASE — FORT MYERS, FL (AP)

A former federal inmate has released a free, public-domain addiction recovery manual built on pharmacogenomic science, citing fifteen years and over $1.5 million in failed standard treatment as the impetus for building a biology-first framework the conventional system never provided.

The Recovery Kernel — available at github.com/JRToken-NGI/recovery-kernel — is a nine-volume reference compendium addressing the genetic architecture of addiction vulnerability and the pharmacogenomic mismatches that cause standard treatment to fail. The author, a computer systems architect who was incarcerated at FMC Rochester, Minnesota, published the work under CC0-1.0 public domain license. No signup, purchase, or permission is required to access or distribute the material.

The framework centers on three well-documented genetic systems: MTHFR variants affecting neurotransmitter production (present in approximately 40% of the population), COMT variants governing dopamine and stress hormone clearance speed, and CYP2D6 variants affecting how individuals metabolize medications and substances. Clinical guidelines for applying this information to drug prescribing are published free by the Clinical Pharmacogenetics Implementation Consortium (cpicpgx.org) and reflected in FDA drug labeling.

The compendium includes forty-four operational protocols, a 78-row Gene-Substance Matrix across 30 genes, an AI deployment system for personalized genomic analysis, and appendices covering co-morbid conditions common in addiction populations including HIV, viral hepatitis, suicide risk, and Wernicke's encephalopathy — a thiamine-deficiency neurological emergency preventable with a $10 vitamin supplement.

Two protocols address the criminal justice population specifically. Protocol 39 maps the Sequential Intercept Model — the justice system's diversion framework — for people currently incarcerated. Protocol 41 addresses post-release overdose risk, documented by peer-reviewed research at forty to one hundred and twenty-nine times the baseline population in the first two weeks after release.

The author is coordinating donation of the compendium to prison libraries, reentry organizations, and public libraries nationally. 65% of the U.S. incarcerated population has a substance use disorder, according to the Bureau of Justice Statistics. 95% receive no pharmacogenomically informed treatment, according to the National Institute on Drug Abuse.

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— PRESS RELEASE 4 OF 10 —

Times of Northwest Indiana

FOR IMMEDIATE RELEASE — REGIONAL EDITION

FOR: Times of Northwest Indiana

Free Recovery Science Book Addresses Indiana's Addiction Crisis — No Cost, No Signup

Public-domain compendium built by former federal inmate offers pharmacogenomic framework as Indiana overdose deaths continue to rise

FOR IMMEDIATE RELEASE — NORTHWEST INDIANA

As Indiana continues to grapple with one of the nation's highest per-capita overdose death rates, a former federal inmate has released a free, public-domain addiction recovery framework built on genetic science — available to any Indiana resident, library, treatment facility, or jail without cost, restriction, or registration.

The Recovery Kernel, released at github.com/JRToken-NGI/recovery-kernel under CC0-1.0 public domain license, represents fifteen years and over $1.5 million in personal experience with addiction treatment failure. The author — a computer systems architect who was incarcerated at FMC Rochester, Minnesota — applied the diagnostic methods of systems engineering to a question he argues the treatment industry has systematically avoided: not what program to try next, but why the programs are failing.

Indiana's overdose crisis is concentrated in communities — post-industrial, economically stressed, with limited access to clinically sophisticated treatment — that are most likely to benefit from the kind of evidence-based, biology-first framework the Recovery Kernel provides. The compendium is written in plain language for someone with no medical background, and is freely printable, copyable, and distributable by any library, harm reduction organization, or individual.

> *"Your substance of choice was not random. It was not a personality flaw. It was your brain solving a specific problem with the most effective tool available to it at the time. The problem — the neurochemical deficit — can be identified, and it can be addressed."*
>
> — The Recovery Kernel — Protocol 06

The framework centers on three genetic systems with direct clinical relevance to addiction treatment: MTHFR (neurotransmitter production capacity), COMT (dopamine and stress hormone clearance), and CYP2D6 (medication metabolism). Together, these variants explain many of the documented treatment failures — medication non-responses, overdose events, and relapse patterns — that are currently attributed to insufficient commitment or moral failing.

The author is currently donating copies to Indiana prison libraries, county jails, and public library systems upon request. Organizations can request materials or download the full PDF at github.com/JRToken-NGI/recovery-kernel.

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— PRESS RELEASE 5 OF 10 —

Sentinel of Florida

FOR IMMEDIATE RELEASE — SOUTHWEST FLORIDA EDITION

FOR: Sentinel of Florida

Fort Myers Author Releases Free Addiction Science Manual — Donates to Florida Prison Libraries

Former federal inmate publishes pharmacogenomic recovery compendium after $1.5M in failed treatment; targets Lee County's high-risk populations

FOR IMMEDIATE RELEASE — FORT MYERS, FL

A Fort Myers-based computer systems architect has released what may be the most comprehensive free addiction recovery resource ever published — a nine-volume pharmacogenomic framework available at no cost to any Florida resident, healthcare provider, or correctional facility.

The Recovery Kernel, published at github.com/JRToken-NGI/recovery-kernel under CC0-1.0 public domain license, was built over fifteen years by an author who spent over $1.5 million failing every form of conventional addiction treatment before understanding that his genetics made every standard protocol biologically mismatched for his specific system. The author was incarcerated at FMC Rochester, Minnesota, and has returned to Southwest Florida where he is coordinating distribution of the compendium to local and statewide prison libraries, county facilities, and public libraries.

Southwest Florida and Lee County in particular have documented elevated rates of syphilis, HIV, and overdose mortality — conditions that intersect directly with the addiction and substance use patterns addressed in the Recovery Kernel. The compendium's appendices specifically cover HIV/PrEP/PEP, hepatitis A/B/C, syphilis, and the complete sexually transmitted infection landscape that disproportionately affects the populations the book serves.

> *"Fort Myers and Lee County have consistently ranked among Florida's highest for primary and secondary syphilis cases in MSM populations. These are exactly the people this book was written for — people the standard treatment system failed, who are carrying co-morbid medical conditions nobody told them about, who deserve a resource written honestly about all of it."*
>
> — The System Architect

The Florida Department of Corrections manages one of the largest state prison populations in the country, with substance use disorders affecting the majority of incarcerated individuals. Protocol 41 of the Recovery Kernel — The Airlock — addresses the post-release transition period specifically, a window in which peer-reviewed research documents overdose rates forty to one hundred and twenty-nine times the baseline population.

The author is actively coordinating with Florida-area Books to Prisoners programs, county library systems, and reentry organizations to ensure the compendium reaches the populations with the greatest need. All materials are free, unrestricted, and available immediately for download, printing, and distribution.

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— PRESS RELEASE 6 OF 10 —

MS-NOW — MS Magazine / National Organization for Women

FOR IMMEDIATE RELEASE

FOR: MS-NOW — MS Magazine & National Organization for Women

The Addiction Treatment System Was Designed for Someone Else. A New Free Resource Addresses Who Got Left Out.

Pharmacogenomic recovery framework published free addresses the gender, genetic, and systemic gaps that leave women and underserved populations without effective treatment

FOR IMMEDIATE RELEASE — NATIONAL RELEASE

A free, public-domain addiction recovery framework published by a former federal inmate addresses the pharmacogenomic and systemic gaps that the standard addiction treatment model has built in — gaps that disproportionately affect women, people of color, incarcerated individuals, and those without access to specialized clinical care.

The Recovery Kernel, available at github.com/JRToken-NGI/recovery-kernel under CC0-1.0 public domain license, is built on a foundational observation: the standard treatment system was designed for an average patient that a significant portion of the treatment-seeking population does not biologically resemble. The genetic variants that create elevated addiction vulnerability are the same variants that make standard treatment protocols ineffective — and the people most likely to carry those variants in compounding combinations are the people least likely to receive pharmacogenomically informed care.

The equity dimensions are specific. MTHFR C677T — carried by approximately 40% of the general population, with higher prevalence among Hispanic women — compromises the enzyme that produces dopamine and serotonin. Women with this variant who receive standard antidepressant treatment are receiving medication calibrated for a genetic architecture they don't carry. COMT Met/Met — the Worrier profile, characterized by anxiety, overwhelm, and a neurological drive toward depressants — tracks with conditions that are systematically underdiagnosed in women and overexplained as 'anxiety' or 'emotional sensitivity' without biological investigation.

> *"The treatment system has spent decades telling people — particularly women — that their struggle with addiction is about emotional dysregulation, trauma response, or insufficient commitment. For a significant portion of those women, the actual cause is a documented genetic variant that can be identified with a $200 test and addressed with a targeted protocol. The barrier was never their character. It was the information."*
>
> — The System Architect

The compendium also addresses the intersection of addiction and sexual and reproductive health with a specificity that standard recovery literature almost never provides. Appendix A covers HIV/PrEP/PEP, syphilis, gonorrhea, chlamydia, herpes, HPV, and hepatitis — the co-morbid infectious conditions that are disproportionately present in women with substance use histories and almost entirely absent from the recovery resources they receive.

The prison library donation initiative accompanying the release specifically targets facilities housing women — a population that has grown by over 700% since 1980 and

whose substance use disorder rates exceed those of incarcerated men, yet who receive the least pharmacogenomically sophisticated treatment available.

The Recovery Kernel is free, unrestricted, and built specifically for people who cannot afford to spend fifteen years and $1.5 million discovering what a $200 test would have told them at the start.

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— PRESS RELEASE 7 OF 10 —

CNN

FOR IMMEDIATE RELEASE

FOR: CNN — Health / Human Interest

He Spent $1.5 Million and Fifteen Years Failing Rehab. Then He Built a Free Recovery Manual — and Gave It Away.

The Recovery Kernel: a pharmacogenomic addiction framework by a former federal inmate, published free, targeting the people standard treatment leaves behind

FOR IMMEDIATE RELEASE — FORT MYERS, FL

After fifteen years and over one and a half million dollars in failed addiction treatment — seven inpatient programs, dozens of medication trials, and a period of federal incarceration — a computer systems architect finally found the answer to why standard treatment kept failing him.

It wasn't willpower. It wasn't commitment. It was genetics.

The author, who was incarcerated at FMC Rochester, Minnesota, has now published The Recovery Kernel — a nine-volume, forty-four-protocol pharmacogenomic recovery framework — completely free, under public domain license, available to anyone with an internet connection or a request to a library.

> *"I stopped asking what treatment to try next and started asking why treatment was failing. The answer was in my DNA. MTHFR, COMT, CYP2D6 — three genes that explained more about my addiction in one afternoon than fifteen years of therapy had. The testing costs $200. Nobody ever ordered it."*
> — The System Architect

The framework is built on pharmacogenomics — the science of how genetic variants affect how people respond to substances and medications. Three gene systems form its core. MTHFR controls how efficiently the brain manufactures dopamine and serotonin. COMT determines how quickly the brain clears them. CYP2D6 determines how an individual metabolizes most psychiatric medications.

Together, these variants explain patterns the treatment system currently attributes to moral failing: why some people feel substances as medicine rather than recreation; why certain antidepressants fail repeatedly; why the same medication dose produces therapeutic effect in one person and toxicity in another.

The compendium is not just a science manual. It includes a complete AI deployment system that allows anyone to load the Gene-Substance Matrix into Claude, ChatGPT, or Gemini and receive personalized pharmacogenomic analysis. It includes a guide for bartenders — 25 neurochemically functional mocktails, built from standard bar ingredients, each one targeting a specific neurochemical deficiency. It includes a complete protocol for the post-incarceration transition period, addressing the documented forty-to-one-hundred-twenty-nine-fold increase in overdose risk in the first two weeks after release.

And it includes a library of AI persona voices — from a clinical integration counselor to a Navy SEAL operator to an Edinburgh-dialect voice drawn from Irvine Welsh's Trainspotting — designed to meet different nervous systems in the language they can actually hear in crisis.

The author is currently donating the compendium to prison libraries nationally. Everything is free. The GitHub link is public. No signup. No purchase. The manual that fifteen years of treatment never provided is now available to anyone who needs it.

"You are not broken," the book's closing line reads. "You are running a system that has never been properly diagnosed."

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— PRESS RELEASE 8 OF 10 —
FOX NEWS

FOR IMMEDIATE RELEASE

FOR: FOX NEWS — Health & America

Former Federal Inmate Publishes Free Addiction Recovery Manual — Challenges Industry That Spent 25 Years Failing Him

The Recovery Kernel: a $0 pharmacogenomic framework that puts science back in individual hands

FOR IMMEDIATE RELEASE — FORT MYERS, FL

A computer systems architect who spent fifteen years and over one and a half million dollars cycling through the addiction treatment industry — and ultimately served federal time — has published a free, public-domain recovery framework that he says does what a quarter century of expensive programs never managed: explain the biology.

The Recovery Kernel, released at github.com/JRToken-NGI/recovery-kernel, is a nine-volume pharmacogenomic addiction recovery compendium published under CC0-1.0 public domain license. The author, who was incarcerated at FMC Rochester, Minnesota, paid no publisher, accepts no subscription fees, and has placed no restrictions on reproduction or distribution. The cost to anyone who wants it: zero.

The framework is built on personal responsibility enabled by information. The author's argument is not that genetics excuses behavior — it is that without accurate biological information, asking individuals to modify behavior is like handing someone the wrong repair manual and blaming them when the repair fails.

> *"I tried harder than anyone I know. Seven inpatient programs. Dozens of medication trials. Fifteen years. The problem wasn't my effort. The problem was that everyone was handing me instructions designed for a different machine. When I finally looked at my own genetics, I understood in one afternoon what $1.5 million in treatment had never shown me."*
> — The System Architect

The three genetic systems at the framework's core — MTHFR, COMT, and CYP2D6 — are well-documented in the published literature and reflected in FDA drug labeling and Clinical Pharmacogenetics Implementation Consortium guidelines. These are not fringe science. They are the biological architecture that determines how any specific individual responds to substances, to medications, and to the standard treatment protocols designed for the statistical average.

The author's specific concern is the segment of the treatment-seeking population that has tried everything the system offers and failed everything the system offers — and then been told the failure is their fault. For a measurable portion of that population, the failure is pharmacogenomic: they were given treatment calibrated for a different genetic profile.

The compendium includes protocols specifically addressing incarcerated populations — a group the author identifies as among the most in need of biology-first recovery information and among the least likely to have received it. He is currently coordinating donation of the framework to prison libraries nationally.

"Personal responsibility requires accurate information," the author writes. "The system that withheld the relevant biological information and then blamed individuals for failing

based on that withheld information is not a system that values personal responsibility. It is a system that profits from repeated failure."

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— PRESS RELEASE 9 OF 10 —

Apple News

FOR IMMEDIATE RELEASE — DIGITAL EDITION

FOR: Apple News — Health & Wellness / Top Stories

Free Addiction Recovery Book Uses Your DNA to Explain Why Standard Treatment Failed You

Former inmate releases 9-volume pharmacogenomic framework — public domain, no signup, no cost

FOR IMMEDIATE RELEASE — NATIONAL

A former federal inmate has published a free, public-domain addiction recovery framework built on pharmacogenomics — the science of how your genes affect how your body responds to substances and medications.

The Recovery Kernel, available at github.com/JRToken-NGI/recovery-kernel, addresses three genetic systems that may explain why standard addiction treatment — rehab, twelve-step programs, standard medications — fails a significant portion of the people it serves.

MTHFR: Carried by 40% of the population, this gene controls how efficiently the brain manufactures dopamine and serotonin. People with compromised variants may experience substances as medicine rather than recreation — filling a genuine neurochemical deficit the brain cannot fill on its own.

COMT: This gene determines how quickly the brain clears dopamine and stress hormones. Fast clearers — Warriors — tend toward stimulants. Slow clearers — Worriers — tend toward alcohol and depressants. The choice of substance is not random. It is the nervous system solving a specific problem.

CYP2D6: This liver enzyme metabolizes roughly half of all psychiatric medications. Poor metabolizers cannot activate codeine, tramadol, or hydrocodone. Ultra-rapid metabolizers burn through antidepressants before therapeutic effect occurs. Neither group is typically told why their treatment is failing.

> *"Your substance of choice wasn't a personality flaw. It was your brain solving a specific problem with the most effective tool it had. The problem can be identified. The solution can be built without the substance. That's what this book is."*
>
> — The Recovery Kernel

The compendium is nine volumes — covering everything from emergency crisis triage to post-incarceration transition, from gut-brain axis restoration to the neuroscience of festival environments and harm reduction. It includes an AI deployment system, a bartender's guide with 25 neurochemically functional mocktails, a complete meeting system, and appendices covering the medical co-morbidities (HIV, hepatitis, syphilis, suicidality genetics) that the recovery literature almost never addresses.

The author — a systems architect who was incarcerated at FMC Rochester, MN, and spent $1.5 million across fifteen years of failed treatment — has published the entire framework under CC0-1.0 public domain. No cost. No signup. No conditions. Available now.

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— PRESS RELEASE 10 OF 10 —

Google News

FOR IMMEDIATE RELEASE — SEARCH-OPTIMIZED DISTRIBUTION

FOR: Google News — Health / Science / Recovery

The Recovery Kernel: Free MTHFR, COMT & CYP2D6 Addiction Recovery Guide Released — Complete Pharmacogenomic Framework, Public Domain

9-volume compendium, 44 protocols, Gene-Substance Matrix — $0, no signup, github.com/JRToken-NGI/recovery-kernel

FOR IMMEDIATE RELEASE — NATIONAL RELEASE

The Recovery Kernel — a nine-volume, 44-protocol pharmacogenomic addiction recovery framework — has been released as CC0-1.0 public domain by The System Architect, a computer systems engineer and former FMC Rochester inmate who spent fifteen years and $1.5 million in failed conventional addiction treatment before developing and publishing the biology-first framework.

The framework is available free at github.com/JRToken-NGI/recovery-kernel. No subscription, purchase, registration, or permission is required. All content may be reproduced, distributed, translated, or adapted without restriction.

Key pharmacogenomic content: Gene-Substance Matrix covering 78 pharmacogenomic interactions across 30 genes including MTHFR (C677T, A1298C), COMT (Val158Met), CYP2D6, CYP3A4, CYP2C19, OPRM1, DRD2, GABRA2, SLC6A4, MAOA, BDNF, and others. Clinical guidelines cross-referenced with CPIC (cpicpgx.org) and FDA pharmacogenomic biomarker tables. Safety flag matrix covering seven lethal drug-gene-drug interaction combinations.

Key protocols: Protocol 01 (Emergency Triage), Protocol 06 (Phenotype Assessment — Warrior/Worrier COMT profiling), Protocol 09 (Gut-Brain Axis restoration), Protocol 14 (Pain Management without addiction circuit re-engagement), Protocol 39 (Diversion Map — Sequential Intercept Model for incarcerated individuals), Protocol 41 (The Airlock — post-incarceration overdose prevention), Protocol 42 (Experimental Branch — FMT, TMS, ketamine, psilocybin, ibogaine), Protocol 44 (GLP-1 receptor agonists and the addiction circuit).

Additional components: KERNEL_AI.md — deployable on Claude, ChatGPT, Gemini, Grok for personalized pharmacogenomic analysis. Recovery Kernel Routing Engine (TypeScript) — substance-class and user-state to persona routing logic. 16-persona AI library including System Architect, Integration Counselor, Operator Kernel (Navy SEAL), Skag Kernel (Trainspotting), Nurse Kernel, and others. Bartender's Friend — 25 neurochemically functional mocktails from standard bar ingredients. Complete meeting system with facilitator guide, psychodrama module, and activity library.

Appendices covering: HIV/AIDS/PrEP/PEP, syphilis, gonorrhea, chlamydia, herpes, HPV, hepatitis A/B/C, cryptosporidium, giardia, mononucleosis, toxoplasmosis, UTIs, Wernicke's encephalopathy, schizophrenia spectrum disorders, bipolar disorder, suicidality GWAS data, social media neurological impact, and iatrogenic harm from antipsychotic medications.

The author is donating physical and digital copies to prison libraries, reentry organizations, Books to Prisoners programs, and public libraries nationally. Organizations may request materials or download directly from the GitHub repository.

ABOUT THE RECOVERY KERNEL

The Recovery Kernel is a pharmacogenomics-based addiction recovery framework published under CC0-1.0 public domain license by The System Architect, a computer systems engineer. The complete compendium — nine volumes, 44 protocols, a 78-row Gene-Substance Matrix, and appendices covering co-morbid medical and psychiatric conditions — is available free of charge at github.com/JRToken-NGI/recovery-kernel. No signup, purchase, or permission is required to access, reproduce, or distribute any portion of the material.

MEDIA CONTACT

The System Architect | github.com/JRToken-NGI/recovery-kernel

CRISIS RESOURCES

988 Suicide & Crisis Lifeline: call or text 988 | SAMHSA: 1-800-662-4357 | Naloxone (Narcan): available without prescription at most US pharmacies

Usage Guide — How to Send Each Release

The Atlantic

Submit via theatlantic.com/contact — Ideas or Health section. Email the health editor directly if contact available. Include PDF attachment and GitHub link. This is the most important pitch — The Atlantic's long-form health coverage is exactly the right format for this story.

Contact: story@theatlantic.com or health editor contact

New York Times

Submit via NYT tip form at nytimes.com/tips or directly to health desk. Include the phrase 'pharmacogenomics and addiction treatment' in subject line — this is an emerging beat. Follow with a personal phone call if possible.

Contact: nytimes.com/tips — Health / Science Desk

Associated Press

Submit to AP Health desk via apnews.com or direct media contact. Wire service distribution means one acceptance cascades nationally. Include the phrase 'public domain recovery framework' in subject — it's genuinely novel.

Contact: AP Media Inquiries: apnews.com

Times of NW Indiana

Submit via timesnwi.com contact form or call the newsroom directly. Local angles: Indiana overdose rates, regional prison facilities, local library donation. Request a phone interview.

Contact: timesnwi.com — news@nwi.com

Sentinel of Florida

Submit directly to newsroom. Lead with Fort Myers/Lee County specificity — local author, local prison library donation, local syphilis/HIV data. This is a local story with national material.

Contact: Contact via sentinel local newsroom

MS-NOW

Submit to MS. Magazine via msmagazine.com/contact and to NOW's national communications team. Lead with the equity and gender angles. The women's incarceration growth statistic (700% since 1980) is the hook.

Contact: msmagazine.com/contact — NOW: now.org/media

CNN

Submit via CNN tips or pitch to CNN Health directly. The human interest angle — $1.5M, 7 programs, built a free manual — is the television-ready story. Request a short video or audio interview.

Contact: CNN Tips: cnn.com/feedback — CNN Health

FOX NEWS

Submit via foxnews.com/contact. The individual empowerment angle is the FOX lane — personal responsibility enabled by information, system that failed individuals. Quote about the treatment industry profiting from repeated failure will resonate.

Contact: foxnews.com/contact — Health Desk

Apple News

Submit via Apple News Publisher partnership or through an existing media outlet pick-up. Optimize headline with gene names and 'free' prominently. Apple News surfaces health content based on keyword matching.

Contact: Apple News Publisher: apple.com/apple-news/submit

Google News

Ensure the press release is published on a web-accessible URL (GitHub README, personal site, or via a press release wire service like PR Newswire or PRWeb) for Google News indexing. Keywords in headline are critical.

Contact: Publish to indexed URL — Google News indexes automatically

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